

The Dreadful Silence

When the silence overtakes you
nothing can stop it.
Not hope or peace,
Dream or voice.
It is all-consuming
and hard to ignore.

You can drown out sound,
But not silence.
Even if the only sound is
the crackling of a fire,
your ears will still focus on the silence
that surrounds the fire.

Your thoughts become louder
more prominent.
Phantom sounds
make your head jerk
Because you were sure you heard
A doorbell
A phone
A bird
Your name.

Silence can be for good or bad.
It's just all in how you perceive it.
Do not let the silence of a moment
Rule your thoughts in it.
Let the stillness and calm guide you

